## Healthy Connections: Moving Towards What We Want



This free class is an opportunity for programs, communities and individuals to work together to identify what they are moving towards and how to use their relationships to get there. The four day-long sessions use the Three Principles and Four-tasks of Intentional Peer Support to address topics such as listening differently, challenging conversations, conflict and trauma.

Contact Kelly Staples if you would like to take this class or schedule one for your program.

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